

Team DM Masters + Bahngehen

Sonntag 13.09.2026 Zeitplan (Stand: 20.08.2026)



UHRZEIT	M30	M40	M50	M60	M70	W30	W40	W50	W60	UHRZEIT
09:00							Diskus			09:00
09:15	Bahngehen Männlich									09:15
10:00	Bahngehen Weiblich									10:00
10:00	Weit 1		Kugel 1	Kugel 2	Weit 2	Hoch 1&2				10:00
10:25		Diskus								10:25
11:00		100m								11:00
11:10				100m						11:10
11:20			100m							11:20
11:30		Weit 1		Weit 2	100m					11:30
11:35	Kugel 1								Kugel 2	11:35
11:40						Diskus		100m		11:40
11:45			Hoch 1&2							11:45
11:50						100m				11:50
12:00							100m			12:00
12:10									100m	12:10
12:20	100m									12:20
12:35						800m				12:35
12:45	800m									12:45
12:55			800m		Diskus					12:55
13:00		Kugel 2					Kugel 1			13:00
13:05							800m			13:05
13:10						Weit 1		Weit 2		13:10
13:15		800m								13:15
13:15	Hoch 1&2									13:15
13:40				3000m						13:40
13:55					3000m					13:55
14:10		3000m								14:10
14:20			Diskus							14:20
14:25								3000m		14:25
14:30						Kugel 1				14:30
14:45							Weit 1		Weit 2	14:45
14:50			3000m							14:50
15:00		Hoch 1&2						Kugel 2		15:00
15:10	3000m									15:10
15:30									3000m	15:30
15:35	Diskus									15:35
16:00			Weit 2	4x100m	Kugel 1					16:00
16:10									4x100m	16:10
16:20								4x100m		16:20
16:30							4x100m			16:30
16:40		4x100m								16:40
16:45				Diskus						16:45
16:50	4x100m									16:50
17:00					4x100m					17:00
17:10						4x100m				17:10
17:20			4x100m							17:20